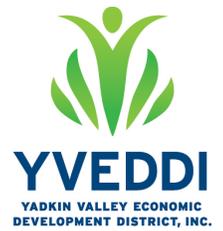




SURRY COUNTY SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

September 2022

Important Announcements

We will continue to provide Meals on Wheels to the homebound and pick-up meals for registered congregate members.

Virtual Classes and Activities:

Monday Morning Check-In: Facebook Group Chat - Mondays at 11:30 AM

Contact Carolyn Gentry to be added to the group chat.

Sept. 1st at 11 AM: ECA (Extension and Community Association) Class

Say Cheese! Making Cheese: Call the senior center to get the registration information.

Virtual and In-Person Events:

Sept. 20th at 2:00 PM: Scarecrow Door Decoration Craft Class: This class will be offered both in person & virtually. Cost is \$5. Please register and pay by Friday, Sept. 16th.

September 21st at Noon: Exploring the Magic of Tai Chi for Arthritis and Fall

Prevention: Have you ever wondered what Tai Chi is and what the benefits are? Call the senior center to get the registration information. You can watch it over Zoom at home or come to the senior center and watch it here!

In Person Activities and Classes

Sept. 13th at 1:00 PM: VAYA Health Presentations: Class 1: Suicide Indicators, Response and Prevention—Class 2: Person(RE)ality: Why is Mine Different?

Sept. 13th at 4:00 PM: African American Historical and Genealogical Society
(at the Jones Family Resource Center)

Sept. 27th at 2:00 PM: Seed Saving Workshop—Master Gardener, Robin Portis will be teaching best practices to save seeds from your harvest.

Registration required.

September 29th at 7:00 PM: Senior Center Month Celebration/Dance \$5 at the door.

Mayberry Squares meets on the first and third Sunday evenings at 6:00 PM at the Mount Airy Senior Center.

Drop-in Activities: Sunshine Seed Library, Books, Games, Cards, Puzzles, Joke of the day! Drop by and let us put a smile on your face!

See page 2 for more activities!

We have free COVID tests, while supplies last.

Please “Like” us on Facebook! <https://www.facebook.com/SurrySeniorCenter>

If you would like to be added to our newsletter email list, please call Carolyn Gentry at (336) 415-4225.

Information for Services, Referrals & Assistance

Program's Offered On-Site:

- Health Screenings
- Fitness and Health Promotion
- Insurance Counseling
- Tax Preparation/Counseling
- Legal Services
- General and Medical Transportation
- Home Repair/Modification
- Medicare Parts A, B and D
- Congregate Meals/Home Delivered Meals
- Disaster Preparedness
- Report Suspected Abuse, Neglect or Exploitation
- Senior Games
- Telephone Reassurance
- Job Training/Placement
- Durable Equipment/Assistive Devices

Services Offered Through Information, Referral and Assistance:

- Housing Assistance
- Reverse Mortgage Counseling
- Home Health Services/In-home Aide Services
- Medicaid Benefits
- Social Security Benefits
- Long-term Care Facilities
- Rehabilitation Services
- Respite
- Energy Assistance
- Food Distribution
- Adult Day Care
- Mental Health
- Hospice Care

How You Can Give...

The YVEDDI Senior Centers of Surry County are proud United Fund Agencies!
We encourage you to SUPPORT THE United Fund of Surry County.

By Mail: United Fund of Surry County
PO Box 409 • Mount Airy, NC 27030
or visit www.unitedfundofsurry.org



SEPTEMBER 2022



| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| <p>Please contact Carolyn Gentry at (336) 415-4225 to register for events or if you would like the zoom links for our virtual activities</p> | | | <p>1 11:00 At Home With ECA— Say Cheese! Making Cheese! Join at home over Zoom! Contact the senior center for registration information</p> | <p>2 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>5 CLOSED Happy Labor Day!</p> | <p>6 9:00 All Day Scrapbooking 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet</p> | <p>7 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p> | <p>8</p> | <p>9 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche at the Farmer's Market 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>12 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p> | <p>13 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 1:00 VAYA Health presentations 4:00 African American Historical and Genealogical Society Meeting</p> | <p>14 10:00 Tai Chi @ Senior Center 2:00 Quarter Bingo 3:30 Shag w/Linda</p> | <p>15 11:30 Chapters Book Club at the MA Library</p> | <p>16 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 1:00 Writers' Group 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>19 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p> | <p>20 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Scarecrow Craft Class \$5 Must register and pay by Friday, September 16th.</p> | <p>21 10:00 Tai Chi @ Senior Center 12:00 Exploring the Magic of Tai Chi 2:00 Quarter Bingo 3:30 Shag w/Linda</p> | <p>22</p> | <p>23 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |
| <p>26 9:45 Yoga Lite 11:00 Line Dance w/Jene 11:30 Facebook Group Chat 1:30 Scrapbooking 7:00 Shag w/Linda</p> | <p>27 9:00 Paint with Phyllis \$2 1:00 Busy Fingers Crochet 2:00 Seed Saving Workshop</p> | <p>28 10:00 Tai Chi @ Senior Center 2:00 Prize Bingo 3:30 Shag w/Linda</p> | <p>29 7:00—9:00 PM Senior Cen- ter Month Celebration/ Dance—\$5 admission at the door</p> | <p>30 10:00 Tai Chi @ MA Library 11:00 Line Dance w/Blanche 3:00 Bowling @ Mount Airy Bowling Lanes-\$1.50/game</p> |

Mission Statement: To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.

Carolyn Gentry, Surry County Senior Center Manager - (336) 415-4225